



## [Board Welcomes New Board Member](#)

In September of 2018, the Board accepted the application of Kenneth Murray. Kenneth is employed by Fisher Titus as a mental health therapist. His insight and knowledge in behavioral health will make him a valuable member.

Anyone interested in serving our community on the Board should contact the Board office at 419-668-9858 to obtain an application. Applications are also available on our website at:

<http://huroncountymhas.org/board-members>

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## [Family Dependency Treatment Court-An Asset for our Community](#)

This past June, the Supreme Court of Ohio officially approved and certified Judge Cardwell's Family Dependency Treatment Court (FDTC). This court provides an opportunity for families who have lost custody of their children, to work toward reunification. Oftentimes, these families, have a variety of issues including substance use disorder. The FDTC brings together child welfare services, mental health agencies, social service agencies, the court and families in a non-adversarial approach. The FDTC provide a safe environment for children, intensive judicial monitoring and treatment and interventions to treat parents' substance use disorders and mental health issues.

Referrals are made when the families have their children removed from their custody. The FDTC is a voluntary program that consists of four phases of 10-12 weeks for each phase. If a family chooses to participate, the court assesses them and refers them to Firelands for services. The FDTC has hearings every Thursday at 2pm. All participants are present during the hearings. The frequency of the hearings allows for immediate gratification which helps the participants stay focused and on-track. There are consequences for both successes and infractions.

Since the program started, there have been eight families who have participated. Not all have succeeded but there have been some highlights. One mother has been reunited with her children and another has been clean and sober for over 250 days. The addition of this program in our County strengthens our ability to reunite our families. FDTC outcomes include higher rates of participation for our families, longer stays in treatment, family reunification, and less time for children in foster care. For the health of our community, the family unit is the link to our past and a bridge to our future.

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## [Quick Response Team](#)

The Quick Response Team (QRT) for Huron Co. has officially been around for one year. QRT is a multidisciplinary team of law enforcement, mental health and addiction therapists, and peer support specialists, who visit the homes of individuals who have overdosed on opioids, to offer them help. The intent of QRT is to

help individuals struggling with addictions to get access to treatment and supports.

The Huron Co. QRT program was adapted from a program in Southern Ohio that has shown great success. Initially, during the first quarter, the percent of individuals who agreed to participate was only 10%. At the end of one year, the participation rate has increased to 22%.

The success of QRT is due to the dedication of law enforcement, peer supporters and therapists involved in the weekly home visits. Treatment and support are encouraged with the team showing compassion and kindness.

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## [Do You Need Help?](#)



1. For Huron Co. residents, please contact *Firelands Counseling and Recovery Services* as follows:

- Bellevue: 419-483-6516
- Norwalk: 419-663-3737
- Willard: 419-935-0452

Or contact *Family Life Counseling and Psychiatric Services* as follows:

- Bellevue: 567-560-3587
- Norwalk: 567-560-3584
- Willard: 567-560-3586

2. Call the Crisis / Suicide Hotline: **1-800-826-1306**

3. Get screened at [mhascreening.org](http://mhascreening.org) to determine if you are experiencing signs of an underlying mental illness. Use the results to start a conversation with your health care provider.

4. Seek specialized treatment. You can find treatment providers for substance use problems using the online SAMHSA Treatment Locator at [findtreatment.samhsa.gov](http://findtreatment.samhsa.gov) or by calling the SAMHSA 24/7 Treatment Referral Line: **1-800-662-HELP (4357)**

### Holiday Stress Relief

While 'tis the season to be merry, for many of us, it's also a season for stress and anxiety, which leads us to behave in ways we're sure to regret later. During this time of year, people often resort to bad habits—they may cave into sugar cravings, go for the booze and overdose on caffeine.

In part, that's because, during the holidays, people tend to experience heightened emotions. You may feel overcome by loneliness, become annoyed by meddling relatives or lose patience with your loved ones. You also may be worried about how you'll be able to pay for good gifts without maxing out your credit cards.

In fact, the American Psychological Association (APA) found that nearly half of all women in the United States experience heightened stress during the holidays, which puts their health at risk. The APA also learned that during this time, 41% of women use food and 28% use alcohol to deal with their stress. Unless you lean on effective relaxation and self-love techniques, as well as positive self-talk, all your worries may trigger overeating or bingeing, overloading on alcohol, arguments with your loved ones, skipping regular exercise, not

getting enough sleep and neglecting your needs.

Of course, we all know that devouring a bag of cookies, guzzling booze, venting to a loved one or spending too much money on holiday presents are not smart ways to sooth holiday stress.

To help you have a happy season, here are 7 Tips to Relieve Holiday Stress.

1. Take calming breaks
2. Be grateful
3. Exercise
4. Eat real, healthy foods
5. Moderate portions of sugar /alcohol
6. Be organized
7. Be generous to everyone

Source adapted from:  
<https://www.psychologytoday.com/us/blog/smart-habits-highly-successful-people/200912/7-tips-relieve-holiday-stress>

### New Program coming in 2019: ALERT

A new endeavor is starting in Norwalk! Spearheaded by Norwalk resident and certified peer supporter, Drew Riley, a program involving law enforcement, peer support and faith-based volunteers based on Wellington's Police Department Local Initiative Networking Compassion (LINC) is taking shape. **Area Law Enforcement Recovery Team (ALERT)** is a community-based initiative with a platform supported by community safety service groups such as law enforcement, fire, and emergency response departments providing safe harbor and immediate nonthreatening support to any individual **voluntarily** seeking assistance through programs designed for recovery from substance abuse

and dependency issues. Any person who enters the designated location, such as the police department, and requests help with their substance abuse issue is immediately screened for potential participation in the Voluntary Drug Intervention program. Volunteers who provide immediate assistance are typically individuals from the community and may have connection to a faith-based organization. They receive special training, are placed on a monthly roster and commit to being available for a 24-hour period during which they remain available to come immediately to the designated area to begin the support process. Their role is critical to surrounding the individual with support and building rapport. Peer supporters are called to further support the individual in any way possible. Working together, much can be accomplished for the betterment of our community and certainly for guiding and assisting individuals seeking assistance from substance abuse and dependency disorders during a critical time in their lives!



We're here anytime, day or night, to help with whatever is hurting you.

*The Board's MISSION is to educate and advocate for community members, while providing resources for prevention, treatment and recovery supports. The Board's VISION is for Huron County to be a community where all individuals are mentally and emotionally healthy and addiction free.*

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[www.huroncountymhas.org](http://www.huroncountymhas.org)

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